



IBRAHIM KHALED

PERSONAL TRAINER

CONTACT

01288146698 ibrahimkhaled91220@gmail.com Mamoura,Alexandria



EXPERIENCES

Everest Gym 2023-2024

karam gaber academy
2025

WAR GYM

3 years of training



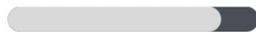
SUMMARY

I'm looking for an opportunity to grow in the fitness industry where I can apply my knowledge, help others achieve their health goals, and continuously develop my personal and professional skills.



SKILLS

English B2



Strong communicator with excellent interpersonal abilities, adept at motivating clients, demonstrating empathy, and effectively managing time, team dynamics, proficient in designing personalized fitness programs, conducting comprehensive assessments, utilizing fitness and nutrition software like MyFitnessPal and Trainerize, and employing various training techniques including strength and conditioning, HIIT, and flexibility training.



EDUCATION

GRADUATED FROM FACULTY OF TOURISM
LOGISTICS DEPARTMENT , ALEXANDRIA
2021 - 2025

COURSES

- Certified personal trainer from E.F.B.F
- Certified Personal Trainer (CPT) – TASS Academy – 2023
- Certified Sports Nutrition Coach (CSNC) – TASS Academy – 2023
- Anatomy and Kinesiology – INSEP PRO – 2024
- Anatomy Course – with Captain Maged – 2024
- First Aid and Basic life Support from EGYPTIAN RED CRESCENT
- B2 in English from AAST
- NASM Certified Personal Trainer (CPT) – 2025
- NASM Certified Sports Nutrition Coach (CSNC) currently studying